Rinsing Colored Clothes. DD one teaspoonful Epsom salts A to each pail of water in which colored clothes are rinsed, and even the most delicate shades will not fade or the colors run.



For women



Mend it quickly with Tirro, the new water-proofed mending tape. Sticks to anythingpaper, china, glass, metal, rubber: Binds, mends, seals, Bauer & Black make

it, so you know it's good. Keep a spool in the house, another in the garage. Mends some things permanently, others temporarily. You can color it to match the article mended.

Three Sizes: Small, 150; Medium, 250; Large, 500 At Drug Stores



I Was Nearly Blind

How I Strengthened My Eyes By Bernarr Macfadden

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Bernarr Macfa

improvement was noted, but this was only the beginning.

I began a careful study of the eyes and all of the scientific methods used in adding to their strength. Eventually I was rewarded with a complete return of vision. That was eighteen years ago. I wrote a book as a result of this experience that has been printed in several editions. I findly met a scientist who has also dus deeply into the knowledge of human vision. I then collaborated with him, took the facts that I had gained from personal experience, added to them much of the invaluable information gleaned by the scientist and as result I have a course emittled.

"Strengthening the Eyes" that is priceless in value to those whose eyes need additional, strength.

This course is worth just as much as your eyesight is worth. It will present method; of strengthening the eyes that are different and dependable. It will give you an insight into the source of eye strength that is invalcable to those who wish to preserve their eyesight.

Now, in my fifty-fourth year, notwith standing the enormous amount of editorial and literary work which I have done. I have never worn glasses. When I was thirty-five never worn glasses. It is my contention that classes are crutches and that they actually weaken the eyesight. I want you to read it at my expense.

Send No Money

You are not required to send any money, he course is sent to you on five days trial ou pay the postman \$5.00 when he hands to you, but if you are dissatisfied with the course after having retained it for five its. return it to me and your money will refunded without question. BERNARR MACFADDEN Dept. AW-8, 119 West 40th St. N. Y. Chy

- FREE TRIAL COUPON . BERNARR MACFADDEN
Co Physical Culture Corporation.
AW-6, 119 West 40th St., N. Y. City Entirely at your risk you may send me your course of Eye Exercises. Upon receipt will pay the postman \$5.00.

It is understood if after trying it for the days I decide not to keep it you will immediately refund my \$5.00 upon return

City..... State..... State.....

Appetizing Menus for the Week

Breakfast

Tea.

MONDAY Breakfast Fruit, French Toast, Coffee, Posched Eggs Luncheon Cream Cheese and Date Salad, Dinner

ned Potatoes

Strawberry

Gelatine,

Whipped Cream.

Toast, Coffee, Lunckeon Whole Wheat Luncheon Sandwiches, Strawberry Shortcake Dinner Dinner Roast Veal, Browned Potatoes. Buttered Onions. Green Peas Rhubarb Sherbe Cake, Coffee.

THURSDAY Dinner

SATURDAY Dinner Broiled Codfish New Potatoes Cucum-

Chilled Carea Custard.

Dinner Beet Greens, Blueberry Pie

Supper Banana, Canned Cherry and Pineapple Salad,

then shoved through to the dining

room side, ready for use.

SUNDAY

Breakfast

Dignity in the Dining Room

By Mrs. Christine Frederick,

The Distinguished Authority on Household Efficiency. to be put in the drawer, which was

HEN we stop to consider the arrangement and furnishings of the room set apart for eating purposes we must also take into account the space at our command. While formerly no house would have been regarded as complete or satisfactory without a separate dining room, to-day, owing to limited space, we are forced to discuss whether we need such a detached room or if we cannot combine it with another.

The time devoted to meals usually takes no more than three hours a day, and often less, while we occupy certain other rooms for a longer period, even as much as eight or ten hours. The question is, wherever space is limited, do we absolutely need a special dining room? I should say "no," that we can easily and artistically serve meals in space utilized for other purposes. The combination dining-living room is not a makeshift. but an evolution in modern dwelling needs and should be so considered and treated either by the person renting or intending to build.

Probably the most desirable form of restricted eating space is. the so-called "Dutch alcove" or "Pullman mook" becoming more and more popular. Here we have a single or double bench instead of chairs, and a narrow table, both generally permanently installed and an integral part of the construction and the woodwork of the room. The place for such an alcove is either off the living room or off the kitchen, to which it may be likened as the hand to the arm. The benches face each other, giving a pew-like effect, and must always include a window or a group of windows of small size which throw the light directly on this table. The artistic effect of such alcoves depends very greatly on the window placing. Generally three small windows, in a balanced order, are preferable to one single window, and casements, or, at

least, diamond panes, are more attractive than the uninteresting large sheet of glass.

To the renter or owner with more space, the regular separate dining room is, of course, more de-sirable. If there is one word alone which could typify the dining room, it would be the word "dig-This demands that the real dining room have space—sufficient space both to eat in comfort and to permit of graceful, noiseless service. Nothing is more unpleasant than a cramped dining room, where people are crowded together and where it is impossible move around the table without disturbing those seated. Also far too many dining rooms give guests the impression of confusion and a presence of too many objects of unrelated kinds. I have certainly argued for years against the overloaded plate rail, the masses of exposed bowls and jugs, the elaborate displays of silverware and glass which distract the eye, and also gather dust and require constant housekeeping attention. A most desirable feature of

every large dining room is a builtin buffet or china closet so that these objects and dishes may be protected, and yet be available when desired. Every buffet or closet of any type should be built "flush" with the wall and after what is called the "recessed" construction. This means that the cabinet is sunk back into the wall that the doors are flush with the wall surfaces. Such construction lessens cleaning effort and makes a far better appearance. An excellent buffet of this type recently built had a "pass-shelf" between it and the kitchen so that dishes of food were passed directly through this opening into the dining room. Another feature was several drawers of graded depths, mounted on ball-bearings and pushing through both ways between kitchen and dining room. This permitted cutlery and other pieces just washed in the kitchen

Sunday American-Examiner Patterns A POPULAR STYLE WITH the combination, 11/2 yards of 36-

NEW FEATURES (3867). pattern is cut in 3 sizes: 16, 18 and 20 years. An 18-year size requires 3% yards of 54-inch ma-

A NEAT AND PRACTICAL "APRON FROCK" (4003). The pattern is cut in 4 sizes: Small, 34.36; medium, 38-40; large, 42-44; extra large, 46-48 inches bust measure. A medium size requires

41/4 yards of 36-inch material. A PRETTY FROCK FOR MOTHER'S GIRL (3997). The pattern is cut in 4 sizes: 8, 10, 12 and 14 years. A 10-year size requires 51/4 yards of 32-inch material.

A VERY ATTRACTIVE HOUSE DRESS OR DAY DRESS (3718). It is cut in 7 sizes: 36, 38, 40, 42, 44, 46 and 48 inches bust measure. A 38-inch size requires 6 yards of 36-inch material. If made as illustrated it will require 4% yards of plaid and 1% yards of plain material, 36 inches wide.

A SIMPLE PLAY GARMENT (3954). It is cut in 5 sizes: 1, 2, 3, 4 and 5 years. A 2-year size will require 2% yards of 27-inch

A PRACTICAL SET OF SHORT CLOTHES FOR A LITTLE GIRL (3875). The pattern is cut in 5 sizes: 1, 2, 3, 4 and 5 years. Size 4 requires, for the dress, 2% yards; for the petticoat, 1% yards; for

inch material.

A FAVORITE DRESS FOR THE LITTLE GIRL (4002). The pattern is cut in 4 sizes: 4, 6, 8 and 10 years. A 6-year size will require 31/4 yards of 36-inch ma-

To obtain any of these desirable patterns fill in the accompanying coupon and mail with 12c in silver or stamps for each pattern (each number represents 1 pattern) to

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3867	Years	3718	Bust

4003..... Size 3954..... Years 3997..... Years | 3875..... Years 4002 Years Name Street and Number.....

City and State..... Send 10c in silver or stamps for our UP-TO-DATE SPRING AND SUMMER 1922 CATALOUGE.



tered slices of white bread. Whole Wheat Sandwiches. WHOLE wheat bread may be substituted for white bread.

Raspberry Jam Sandwiches. Cut sponge cake in thin slices and put together with raspberry jam. Cut in small triangles or

Apricot Sandwiches.

CPREAD apricot jam between but-

Suggestions for

Nut Bread Delights.

cheese and butter, creamed together and mixed with orange or amber marmalade, and cut in small triangles or rounds.

Such built-in closets or buffets Banana and Honey Sandwiches. are much preferable to detached, SLICE 1 or 2 bananas and sprinkle lightly with lemon juice. Mix portable furniture of a heavy type, because this latter seldom fits the wall space and often looks too bulky 14 cup thick cream with a little or out of place. Further, anyone about to build a home can design choice honey. Spread thinly sliced white bread with the cream and their own drawer and shelf arrangehoney mixture and then arrange the ments to suit their own needs, bananas between slices of bread. which is a great advantage.

By Mary Lee Swann, The Well-Known Writer and Lecturer on Cooking. Whipped Cream Sandwiches.

Sweet Sandwiches

BEAT 1 cup of cream until thick. powdered sugar and a few drops of flavoring. Chill and then spread on small squares of sponge cake or on sponge drops.

been washed and dried. Then cook in a little water with a bit of finely chopped preserved ginger to a smooth paste. Add a few drops of lemon juice. Chill and spread.

Cut stale nut bread into very Agents--\$5 to \$15 Daily Introducing N e w



MAC-O-CHEE MILLS CO.. Dock 966, Cincinnatti, Ohio





A New Skin in 40 Minutes with this Astounding Beauty Clay!

How a Pleasure Trip to Sunny Wales Uncovered a Secret of Mother Earth's That Forever Ends Any Woman's Need for a Complexion Beautifier

By MARTHA RYERSON

HAVE brought to America the greatest news women ever heard about the skin. From Wales where I spent a month without seeing a single bad complexion! I went there with a complexion that had been my despair since childhood. One afternoon I left it in the hills; exchanged it for one of absolute

purity and undoubtable natural color. Except that I can now let you prove it for yourself, I would never tell the story—a story my own father found it hard to believe!

Hardest of all to believe is this; the transformation took just forty minutes! Here are the facts:

About the first thing one notices in this southern English province, is the uniformly beautiful complexions. The lowliest maid-and her mother, too has a radiantly beautiful skin. Mine, lacking lustre and color, with impurities nothing seemed to eradicate or even hide, was horribly conspicuous.

It was a happy thought that took a most unhappy girl on a long walk through the hills one afternoon. I had stopped at the apothecary's to replenish my cosmetic-to find it was unknown. They did not have even a cold cream. The irony of it! In a land where beauty of face was in evidence at every turn—the women used no beautifiers! Do you wonder I "took to the hills?" I didn't want to see another peaches-and-creamy complexion that day. But I did.

At a house where I paused for a drink from the spring, I stepped back in surprise when the young woman straightened-up to greet me. Her face was covered with mud, I recognized the peculiar gray clay of that section; very fine, sleek, smooth clay it was. Seeing my sur-

prise, the girl smiled and said, "Madam does not clay?" I admitted I did not!

I Decide to "Clay"

In a moment, she wet the clay which had dried on her face and neck, wiped it away, and stood in all the glory of a perfect complexion. I think I shall never again envy another as I did that stolid maiden of the hills. Her features were not pretty; they did not need to be. For no woman ever will have a more gorgeous skin. She explained that this amazing clay treatment did it. The natives made a weekly habit of "claying" the skin, quite as one cares regularly for the hair.

I was easily persuaded to try it. Had I not done ridiculous things in beauty parlors where many could see my plight? We tucked a towel over my blouse, and from the spring's bed she took the soft, soothing clay and applied it.

As we sat and talked, the clay dried. Soon I experienced the most delightful tingling in every facial pore; the impurities were being literally pulled out. Half an hour more, and we removed the clay mask. Hopeful, but still skeptical, I followed into the tiny house to glimpse myself in a mirror.

My blemishes were gone!

I fairly glowed with color that spread down the neck to the shoulders. My cheeks were so downy soft, I felt them a hundred times on the way home. Father's surprised look when I entered the rooms of the little inn that evening was the most genuine compliment a woman ever received. In a basket I had two crocks of the precious clay. I thought father's questions would never end; where did I find it; could I take him to the spot; what was its

action, and reaction, and lots else I didn't know. Father is a chemist.

Suddenly it dawned on me. He wanted to unearth the secret of that clay's amazing properties, and take it to America! For two weeks we staid on; he worked all day at his "mud pies" as I called them. Back home at last in Chicago, he worked many weeks more. He experimented on me, and on all my girl friends. At last, he scientifically produced clay identical with that Welsh clay in its miraculous effects-only ten times more smooth and pure.

Anyone May Now Have

This Wonderful Clay News of the wonders performed by this clay has brought thousands of requests for it. Women everywhere (and men, too, by the way) are now supplied Forty Minute Clay. The laboratory where it is compounded sends it direct to the user. A jar

For mind, in over six hundred test cases, it did not once fail. It seems to work on all ages, and regardless of how pimpled, clogged or dull the skin may be. The application is readily made by

is five dollars, but I have yet to hear

of anyone who did not regard it

worth several times that amount.

anybody, and the changes brought about in less than an hour will cause open-mouthed astonishment. I know.

When I see a woman now, with a coarse-textured skin that mars the whole effect of her otherwise dainty care of self, it is all I can do to refrain from speaking of this natural, perfectly simple way to bring a skin and color such as Nature meant us to have-and has given us the way to

Keep your skin pores clean, open, tingling with life! My father has made you a remarkable offer below. Read carefully:

deposit that we will promptly return if

you are not unreservedly satisfied that

Send no money now. Pay postman

the net laboratory charges of \$1.87 plus

postage, when he brings your jar. Or. if

unlikely to be home at mail time,

enclose \$2.00 and jar will arrive post-

I can assure any man or woman who

paid, with the same money-back

this miracle clay is all we claim.

FREE DISTRIBUTION of '5 JARS

(Only One Jar to a Family)

The general public is entitled to benefit by a discovery of this importance. So, for a limited time we will distribute regular, full-size \$5.00 jars of Forty Minute Clay without profitat only the actual cost, which is \$1.87.

You may have your first jer for only this bare cost of getting it in your hands! The expenses of compounding, refining. analyzing, sterilizing, packing, printed announcements, and shipping in large quantity has been figured down to \$1.87 per jar, plus postage.

Even the small laboratory cost price of \$1.87 for ingredients, shipping, etc., is not really a payment; rather a

will try this miracle of Nature's own Themical laboratory a re-made skin.

THE CENTURY CHEMISTS, Dept. 3

Century Building, Chicago:

l accept your "No Profit" offer. Please send me a full-sized, regular \$5.00 jar of Forty Minute Beauty Clay at the net laboratory cost price of \$1.87, plus postage. which I will pay postman on delivery. My money back unless only one application proves completely satisfactory.

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